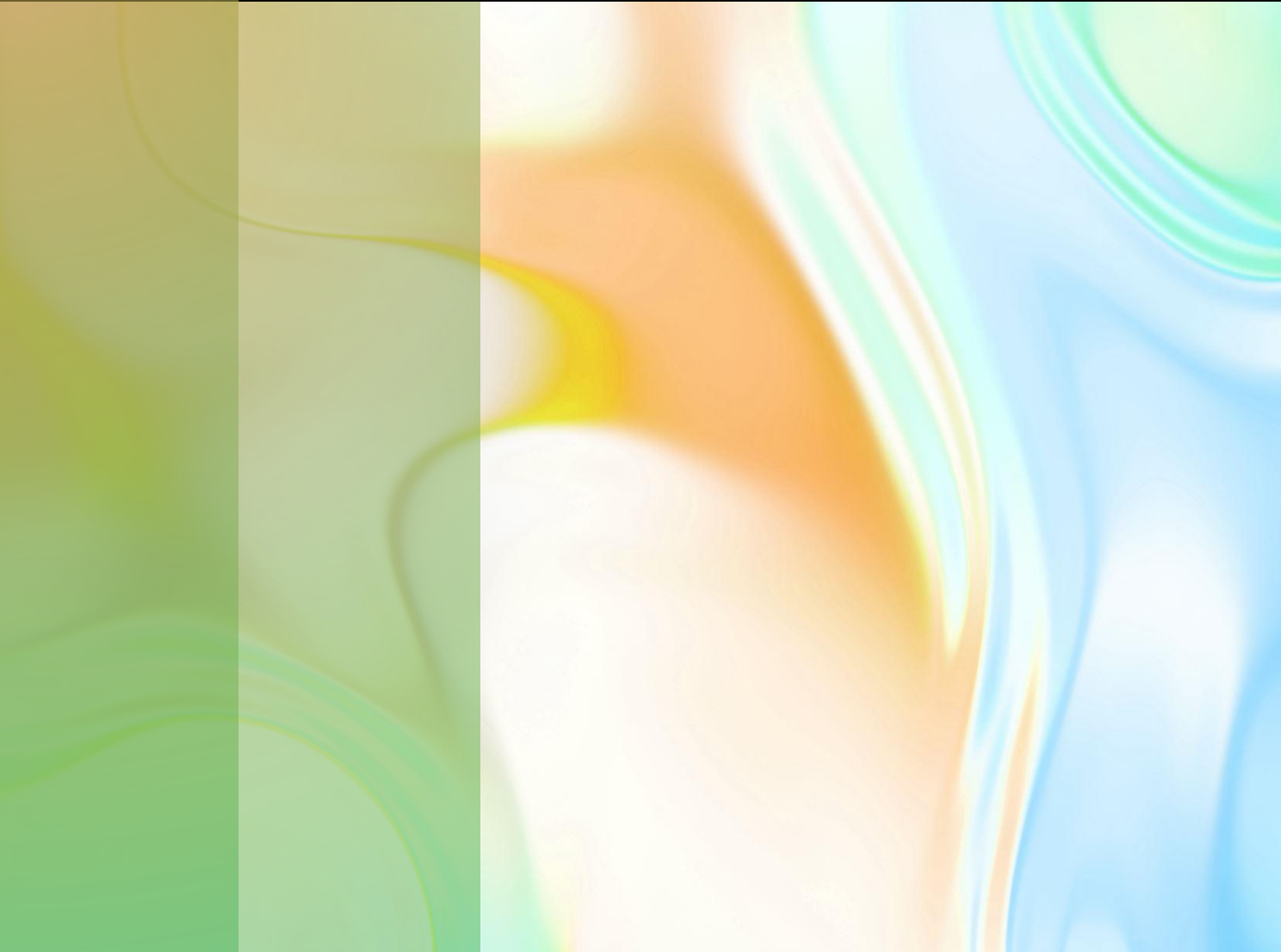


CORNERSTONE HEALTH

EMPOWERING THE MIND TO TRANSFORM THE BODY

SECTION 1: FOUNDATIONS OF HEALTH





Peace I Leave With You; My Peace I Give to You

JOY&
FLOW *Sachie Trottmann*

Principle # 7:

Being at peace/ emotional tranquility

- 1. How does my body react when I am not at peace or experiencing emotional tranquility?**
- 2. How does my body act when I am experiencing peace and emotional tranquility?**
- 3. What does the bible say about this?**

What is peace

Cambridge dictionary:

- the state of not being interrupted or annoyed by worry, problems, noise, or unwanted actions.
- a period of freedom from war or violence.

Hebrew:

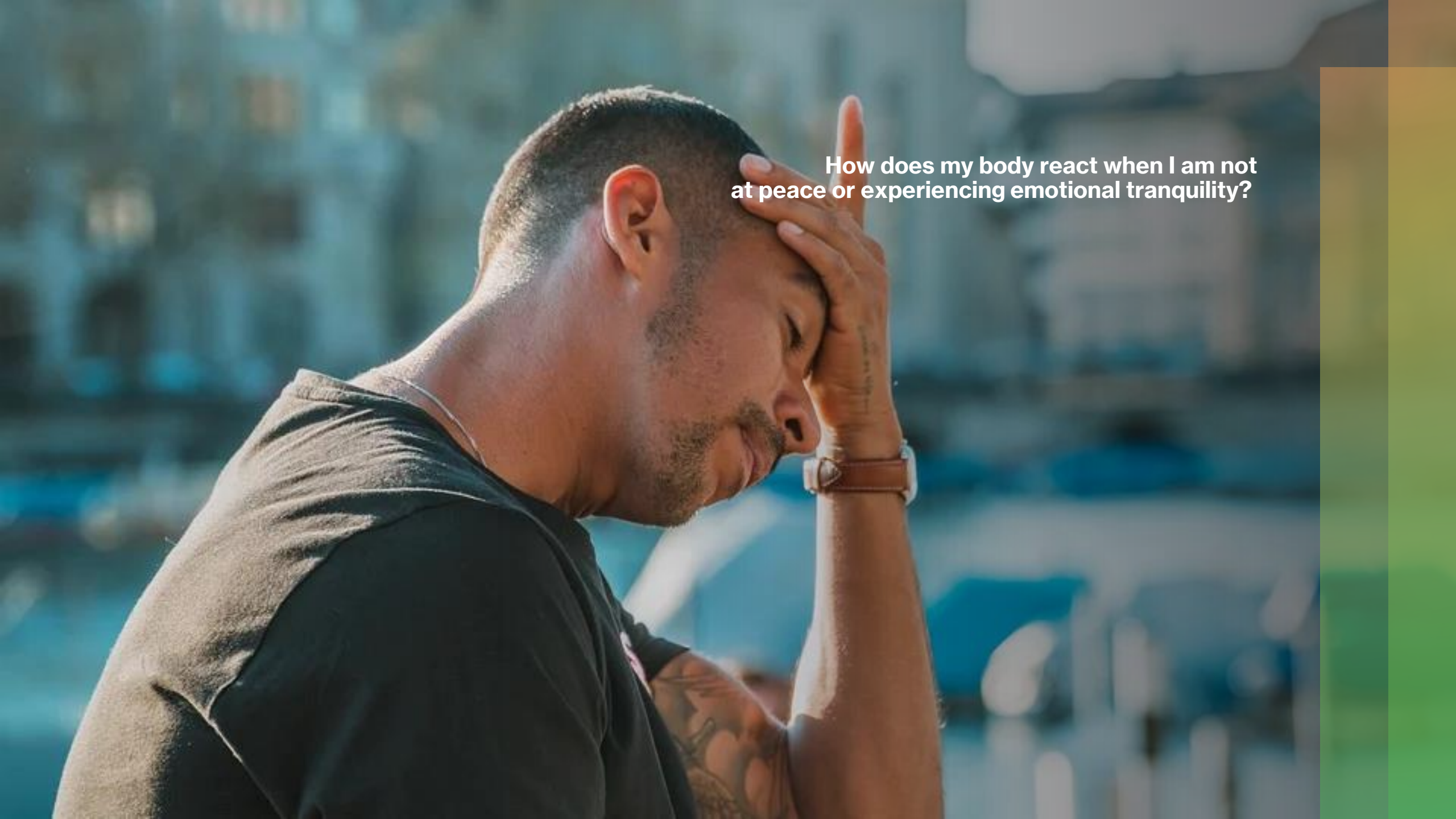
- peace, wholeness, completeness, prosperity, welfare and tranquility.



Emotional tranquility

- Free from being influenced to action by emotions.
- Recognizing emotional triggers and not acting on them.



A man in profile, looking down with his hand on his forehead, suggesting stress or emotional distress. The background is a blurred outdoor setting with blue and green tones. A vertical bar with a gradient from yellow to green is on the right side of the image.

How does my body react when I am not at peace or experiencing emotional tranquility?

How does my body react when I am not at peace or experiencing emotional tranquility?

CORTISOL

- Manages how your body uses carbohydrates, fats, and proteins. Boosts energy so you can handle stress and restores balance afterward. Increases your alertness so that you can respond faster. Increases the amount of sugar allowed in the blood.

CATHECHOLAMINES

- This leads to increased cardiac output, skeletal muscle blood flow, sodium retention, reduced intestinal motility, cutaneous vasoconstriction, increased glucose, bronchiolar dilatation and behavioral activation.

VASOPRESSIN

- Hormonal regulator of water homeostasis and has major effects on behavior and vascular tone

GONADOTROPINS

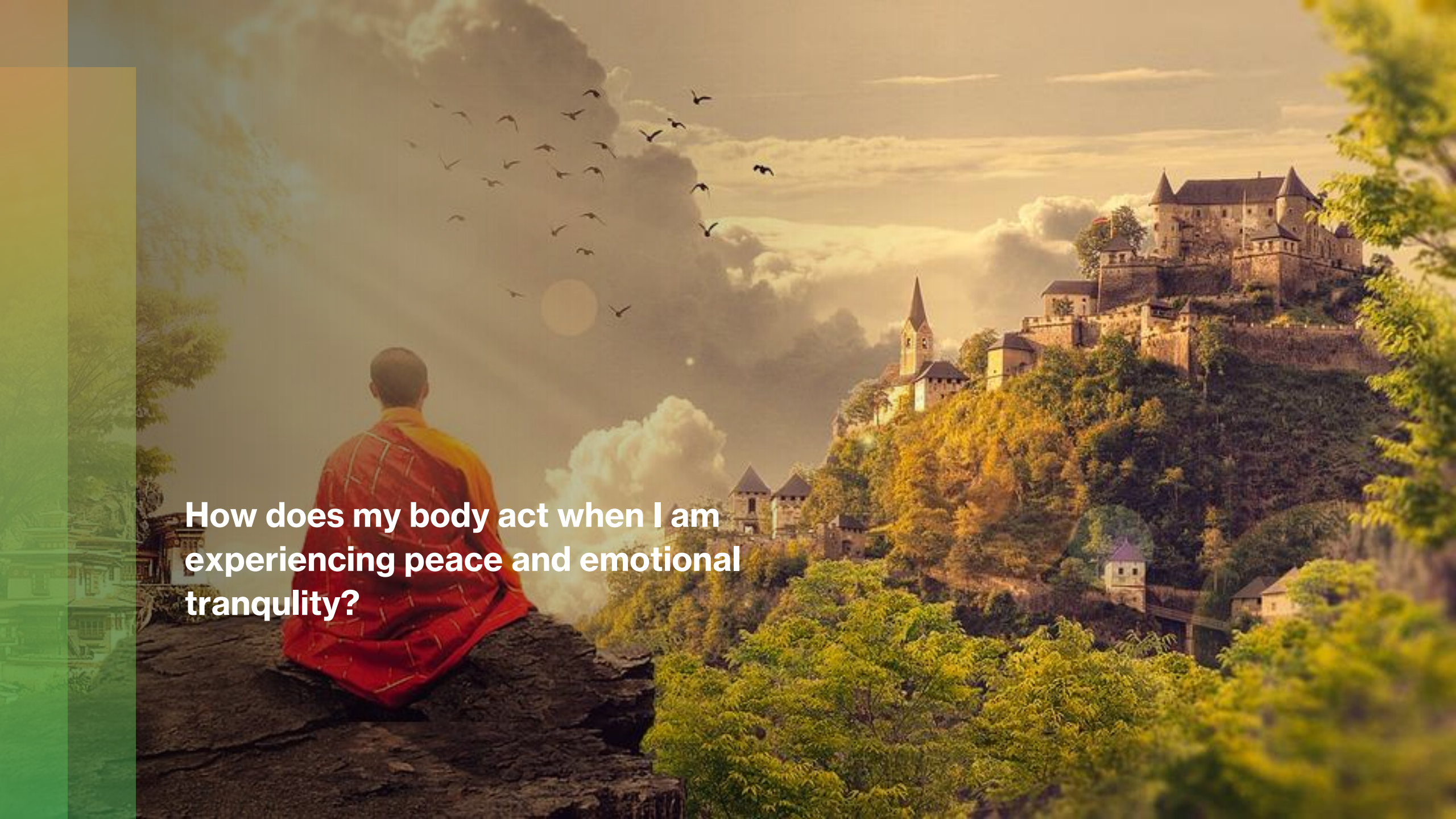
- In stress there is suppression of circulating gonadotropins and gonadal steroid hormones leading to disruption of the normal menstrual cycle. Ongoing stress can lead to decreased ability of reproductive functions.

HYPOPHYSIARY HORMONES

- Increase in basal metabolic rate, internal body temperature, increased oxygen consumption and rates of ATP hydrolysis.

INSULIN

- Insulin may decrease during stress.

A monk in a red and yellow robe sits on a rock, looking out over a scenic landscape. In the background, a large stone castle with multiple towers sits atop a hill. A church with a tall spire is visible on the hillside. The sky is filled with a large flock of birds flying. The scene is bathed in a warm, golden light, suggesting sunrise or sunset. The overall atmosphere is peaceful and contemplative.

How does my body act when I am experiencing peace and emotional tranquility?

How does my body act when I am experiencing peace and emotional tranquility?

Dopamine- Motivation, productivity, social, extroverted, empathy

Serotonin- You should feel more focused, emotionally stable, happier, and calmer.

Melatonin- Melatonin is a hormone that your brain produces in response to darkness. It helps with the timing of your circadian rhythms and with sleep.

Oxytocin-

Digestion- Your body is able to absorb more nutrients and move more waste out the body

Immune system- Being fully active to fight off invader i.e. (bacteria, fungus and viruses)

Reproductive- The hormones necessary to produce life flow naturally and more abundantly.

JOHN 17:21

1676

me through their word,²⁰ that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.²¹ The glory that you have given me I have given to them, that they may be one even as we are one.²² In them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.²³ Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world.²⁴ O righteous Father, even though the world does not know that you have sent me, and these know that you have sent me,²⁵ I made known to them your name, and I will continue to make it known, that the love which you have loved me may be in them, and I in them.

Betrayal and Arrest of Jesus

18 When Jesus had spoken these words, he went out with his disciples across the brook Kidron, where there was a garden, which he and his disciples entered.² Now Judas, who betrayed him, also knew the place, for Jesus often met there with his disciples.³ So Judas, having procured a band of soldiers and some officers from

the chief priests and the Pharisees, went there with lanterns and torches and weapons.⁴ Then Jesus, knowing all that would happen to him, came forward and said to them, "Whom do you seek?"⁵ They answered him, "Jesus of Nazareth." Jesus said to them, "I am he."⁶ Judas, who betrayed him, was standing with them.⁷ Jesus drew back and fell to the ground, and he asked them again, "Whom do you seek?" And they said, "Jesus of Nazareth."⁸ Jesus answered, "I told you that I am he. So, if you seek me, let these men go."⁹ This was to fulfill the word that he had spoken: "Of those whom you gave me I have lost not one."¹⁰ Then Simon Peter, having a sword, drew it and struck the high priest's servant and cut off his right ear. (The servant's name was Malchus.)¹¹ So Jesus said to Peter, "Put your sword into its sheath; shall I not drink the cup that the Father has given me?"

Jesus Faces Annas and Caiaphas

12 So the band of soldiers and their captain and the officers of the Jews' arrested Jesus and bound him.¹³ First they led him to Annas, for he was the father-in-law of Caiaphas, who was high priest that year.¹⁴ It was Caiaphas who had advised the Jews that

What does the Bible say about this???

To be and Not to be

- Be:

- Of good cheer
 - Of good courage
 - Strong
- 10-15x's
-
- ```
graph LR; A[Of good cheer] --> B[10-15x's]; C[Of good courage] --> B; D[Strong] --> B;
```

- Do not:

- Fear
  - Worry
  - Be dismayed
  - Be fearful
- 365x
- 
- ```
graph LR; E[Fear] --> F[365x]; G[Worry] --> F; H[Be dismayed] --> F; I[Be fearful] --> F;
```

If it wasn't important then why did God repeat himself????

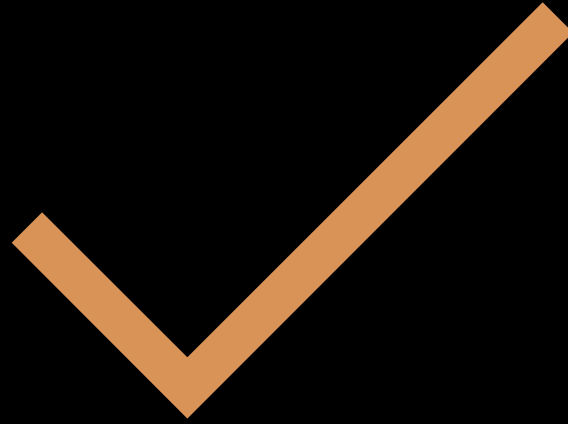
BREAK IT DOWN

Scripture:

- **Philippians 4:6:** Be **careful** for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God
- **Matthew 13:22:** He also that received seed among the thorns is he that heareth the word; and the **care** of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.
- **1Peter 5:7:** Casting all your **care** upon him; for he careth for you.

Definition:

- **Original word**
- **Cognate: 3308** *mérimna* (see 3307 /*merízō*, "divide") – properly, a *part, separated* from the whole; (figuratively) *worry (anxiety), dividing and fracturing* a person's being *into parts*.
- *merimnáō* (from 3308 /*mérimna*, "a part, as opposed to the whole") – properly, drawn in opposite directions; "divided into parts" (A. T. Robertson); (figuratively) "to go to pieces" because *pulled apart* (in different directions), like the force exerted by sinful *anxiety (worry)*.
- 3809 (*merimnaō*) is "an old verb for worry and anxiety – literally, to be *divided, distracted*" (WP, 2, 156). It is more commonly used in this negative sense in the NT.



Thank you

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